TRUDI ROSCOUET.

WOMEN'S HEALTH ADVOCATE · TEDX SPEAKER · FOUNDER, EVE STUDIOS



WOMEN LIVE A THIRD OF THEIR LIVES AFTER MENOPAUSE.

> So the question I put to every room: are our workplaces, healthcare systems and communities actually designed for that?

THE SPEAKER

I CAME TO THIS THE LONG WAY ROUND

My first career was in finance. Then I retrained as a personal trainer, specialising in women's and children's fitness, which is where I fully expected the story to end.

Then menopause arrived and I discovered that almost nobody had told me anything useful about it. Not my employer, not the internet, and for a good while not my doctor either. Fifteen years of working with women later, that gap is still the thing I am trying to close.

So now I teach, through Vitality 40+ and in workplaces. I build, through Eve Studios and the Eve Well Woman Collective, where movement, education, clinical expertise and community sit under one roof. And I make a polite nuisance of myself with anyone who will listen, government included, about why women's health needs a strategy rather than good intentions.

My TEDx talk brought men into the menopause conversation, which is still central to the work. Partners, colleagues and leaders all need to be in the room, and audiences of every kind are welcome in mine.

> *I was also diagnosed with ADHD somewhere in the middle of all this, which explained a great deal.*

WHAT AUDIENCES GET

Warm, funny and straight to the point. Room for the questions people have been too embarrassed to ask, and something they can use on Monday.

AS FEATURED IN TEDX MENOPAUSE MATTERS JERSEY EVENING POST NO TIME TO STEP BACK

WOMEN'S HEALTH & MENOPAUSE COACH | 15+ YEARS | TEDX SPEAKER | FOUNDER, EVE STUDIOS | MENOPAUSE MATTERS CONTRIBUTOR | WOMEN'S HEALTH STRATEGY

TALK TOPICS

PICK THE CONVERSATION YOUR ROOM NEEDS

Every talk is shaped around the audience in front of me, so treat these as starting points rather than a fixed menu. Some suit a leadership team, some suit a room of women who have had a long week, and a few work surprisingly well for both.

Men meet menopause

Helping men, partners and colleagues understand what is happening, and feel confident enough to have the conversation.

THE TEDX TALK

Menopause at work

What leaders, managers and employees need to understand about confidence, concentration and the everyday experience of it.

WORKPLACES

From awareness to action

Why women's health needs a strategy rather than a poster, and what it takes to keep asking the awkward questions.

LEADERS AND POLICY

Midlife confidence and identity

An honest conversation about changing bodies, shifting priorities, relationships, and finding your voice again.

CONFERENCES AND GROUPS

ADHD, menopause and making sense of yourself

Late diagnosis, looking back with fresh understanding, and what that turns out to mean for life, relationships and work.

PERSONAL AND WORKPLACE

Opening Pandora's boxes

The experiences we keep quiet about, why midlife brings them back up, and what happens when a room gives itself permission to talk.

GROUPS AND COMMUNITIES

Changing direction in midlife

Retraining, starting again, and finding the nerve to take a different path when everyone assumes you are settled.

FOUNDERS AND NETWORKS

Building a business with purpose

Backing an idea you understand personally, building a community around it, and keeping going when progress is slow.

BUSINESS EVENTS

01

Vitality 40+ training

The full programme delivered in-house. Half day, full day or a series. Separate sessions for managers and for staff.

02

Speaking at your workplace

A keynote or lunch and learn that gets the subject into the open without anyone having to raise it first.

03

Policy and leadership consulting

Working with leadership on what your policy says, what it misses, and what managers do when it is tested.

Formats: keynote, interactive workshop, lunch and learn, panel or in conversation, and relaxed question and answer sessions. In person or remote. **Audiences:** corporate and leadership teams, conferences, founder networks, women's groups, charities and community events.

GET ME IN THE ROOM.

Tell me what your organisation is dealing with and I will tell you honestly whether I am the right fit.

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